

# Self-Care OTC Medication List



\*Max of 4 items per family every week

\*Subject to availability of products with OTC labeling

\*This service is for self-care ONLY. Use of this form as a prescription is not authorized.



## Cold and Allergy Symptoms

### Nasal congestion/Decongestants

- ❖ Pseudoephedrine (Sudafed®) 30 mg tablets (age: 6+)
- ❖ Pseudoephedrine/triprolidine (Actifed®) tablets (age: 12+)
- ❖ Saline 0.65% nasal spray
- ❖ Oxymetazoline (Afrin®) 0.05% nasal spray (age: 6+)

### Sneezing/Running Nose/Itchy Eyes/Throat

#### **Diphenhydramine (Benadryl®)**

- ❖ 25 mg tablets (age: 12+)
- ❖ 12.5 mg/5 mL oral liquid (age: 6+)

#### **Loratadine (Claritin®)**

- ❖ 10 mg tablets (age: 6+)
- ❖ 1 mg/mL oral liquid (age: 2+)

#### **Cetirizine (Zyrtec®)**

- ❖ 10 mg tablets (age: 6+)
- ❖ 1 mg/mL oral liquid (age: 2+)

#### **Fexofenadine (Allegra®)**

- ❖ 180 mg tablets (age: 12+)

#### **Fluticasone (Flonase®) nasal spray**

- ❖ 50 mcg/spray (age: 4+)

### Sore Throat

- ❖ Benzocaine/menthol lozenges (age: 5+)

### Cough/Chest Congestion

- ❖ Guaifenesin (Robitussin®) 100 mg/5 mL oral liquid (age: 12+)
- ❖ Guaifenesin (Mucinex®) ER 600 mg tab (age: 12+)
- ❖ Guaifenesin/dextromethorphan (Robitussin DM®) 100 mg-10 mg/5 mL oral liquid (age: 12+)

## Fever and Pain Reducers

### **Acetaminophen (Tylenol®)**

- ❖ 325 mg tablets
- ❖ 80 mg chewable tablets (age: 2+)
- ❖ 160 mg/5 mL oral liquid (age: 2+)

### **Ibuprofen (Motrin®)**

- ❖ 200 mg tablets
- ❖ 100 mg/5 mL oral liquid (age: 2+)

## Topical Preparations

### **First aid antibiotic ointment**

- ❖ Bacitracin ointment

### **Vaginal yeast infection (7-day therapy)**

- ❖ Clotrimazole 1% vaginal cream (age: 12+)

### **Athlete's foot, jock itch, ringworm**

- ❖ Clotrimazole (Lotrimin®) 1% cream (age: 2+)

### **Anti-Itch**

- ❖ Hydrocortisone 1% cream (age: 2+)

## Upset Stomach/Constipation

- ❖ Mylanta® oral liquid (age: 2+)
- ❖ Bismuth subsalicylate (Pepto Bismol®) 262 mg tablet (age: 12+)
- ❖ Docusate sodium (Colace®) 100 mg capsules (age: 12+)
- ❖ Simethicone 40 mg/0.6 mL oral liquid drops (age: 2+)
- ❖ Simethicone 80 mg chewable tablet (age: 12+)

## Supplements

- ❖ Cholecalciferol (Vitamin D3) 25 mcg tablets